

Private Swim Lessons



Parent Name: _____

Student Name: _____ Gender: _____ Age: _____

Address: _____ City: _____

Phone: _____

Cost \$60 per week (5 days) 30-minute sessions

***** Payment Due At Sign-Up*****

Check payable to: City of Winfield

Online: <https://winfieldiowa.com/payment-options>

Week Preferred

_____ June 9 - 13

_____ June 16 - 20

_____ July 7 - 11

_____ July 14 - 18

Time Preferred

_____ 10:00 – 10:30 am

_____ 10:30 – 11:00 am

_____ 11:00 – 11:30 am

_____ 11:30 am – 12:00 pm

_____ 12:00 – 12:30 pm

Evening Lessons

_____ 6:00 – 6:30 pm

_____ 6:30 – 7:00 pm

_____ 7:00 – 7:30 pm

_____ 7:30 – 8:00 pm

Lifeguard Preferred: _____

Swim Lesson Checklist – Things we work on

- Enter and exit water safety
- Submerge mouth, nose, and eyes
- Exhale underwater, pick up submerged object
- Roll over from front to back and back with support
- Explore swimming on front and back using arm and leg actions with support
- Submerge entire head
- Blow bubbles submerging head in rhythmic pattern
- Float on front and back
- Perform front and back glide
- Diving
- Front and back crawl